

20 Lb (9.07 kg) Oven Ready Whole Grain Breaded Pollock Sea Wonders Sea Shapes 1.0 oz, CN, MSC

Made from wild caught Alaska Pollock, High Liner Whole Grain Breaded Pollock Fish Shapes are specially formed, fish-shaped Pollock that are as delicious as they are downright fun. What's more, they align with USDA guidelines for whole grain. Each oven-ready shape cooks to golden crunchy, kid-friendly perfection in minutes. An exciting, more nutritious option for school lunches and other Child Nutrition-approved applications.

Product Last Saved Date: 21 August 2025

Nutrition Fac	cts
80 Servings per container Serving Size 4 Pie	eces (112g)
Amount Per Serving Calories	260
	% Daily Value*
Total Fat 10 g	12%
Saturated Fat 1.5 g	8%
Trans Fat 0 g	
Cholesterol 20 mg	7%
Sodium 480 mg	21%
Total Carbohydrates 29 g	11%
Dietary Fiber 5 g	19%
Total Sugars 3 g	
Includes 2 g Added Sugars	3%
Protein 16 g	
Vitamin D 0.6 mcg	2%
Calcium 60 mg	4%
Iron 2.6 mg	15%
Potassium 500 mg	10%
* The % Daily Values (DV) tells you how much a nutri food contributes to a daily diet. 2,000 calories a day nutrition advice.	

Product Specifications :								
Code		GTIN			Type Of Catch			
1089865	5	10035493898657			WILD			
Brand			GPC Description					
High Liner Foodservice			Fish - Prepared/Processed (Frozen)					
Gross We	eight	Net Weight	Country of Origin		Kosher		Gluten Free	
22 LBF	र	20 LBR	N/A		Undeclared		No	
Shipping Information								
Length	Width	Height	Volume	TIxHI	Shelf	Life	Stora	ge Temp From/To

Ingredients :

9.8125 INH

12.1250 INH

15.8125 INH

68.9% SEAFOOD BLEND [MINCED ALASKA POLLOCK, WATER, SOY FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SALT, HYDROLYZED CORN PROTEIN, BUTTER FLAVOR (MALTODEXTRIN, ENZYME MODIFIED BUTTER, FLAVOR), TITANIUM DIOXIDE, MODIFIED CORN STARCH, ONION POWDER, SPICES, NATURAL FLAVOR]; 31.1% BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: WATER, MODIFIED CORN STARCH, SUGAR, WHOLE YELLOW CORN MEAL, ONION POWDER, GARLIC POWDER, SALT, YEAST, YEAST EXTRACT, SPICES, WHEY, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), CORN SYRUP SOLIDS, YELLOW CORN FLOUR, CORN STARCH, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR), MODIFIED CELLULOSE, CONCENTRATED LEMON JUICE, NATURAL FLAVOR. PAR-FRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT, SOY, MILK

12x3

540 Days

-10 FAH / 0 FAH

1.0887 FTQ

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):					
Eggs - N	Milk - C	Soy - C			
Fish - C	Wheat - C	TreeNuts - N			
Peanuts - N	Crustacean - N	Sesame - N			

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: CONVECTION OVEN: Place oven rack in the center of the oven. Preheat oven to 350°F. Place frozen fish in a single layer on a shallow baking pan. Bake for 10-12 minutes. CONVENTIONAL OVEN: Place oven rack in the center of the oven. Preheat oven to 425°F. Place frozen fish in a single layer on a shallow baking pan. Bake for 10-15 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Serving Suggestions:

The ideal finger food for school lunch served with Popeye the Sailorman Spinach and the dipping sauce of your choice.

Species / Scientific Name:

Alaska Pollock - Gadus chalcogrammus

Claims & Child Nutrition:

BAP Certified:	
MSC Certified:	Yes
Has CN Statement:	Yes
CN Statement:	FOUR 1.00 OZ OVEN READY WHOLE GRAIN BREADED FISH
	SHAPES PROVIDE 2.00 OZ EQUIVALENT MEAT/MEAT ALTERNATE
	AND 1.75 OZ EQUIVALENT GRAINS FOR CHILD NUTRITION MEAL
	PATTERN REQUIREMENTS.









Information subject to change without notice at the discretion of High Liner Foods (USA) http://www.highlinerfoods.com Page

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CN Information:

CN Statement :

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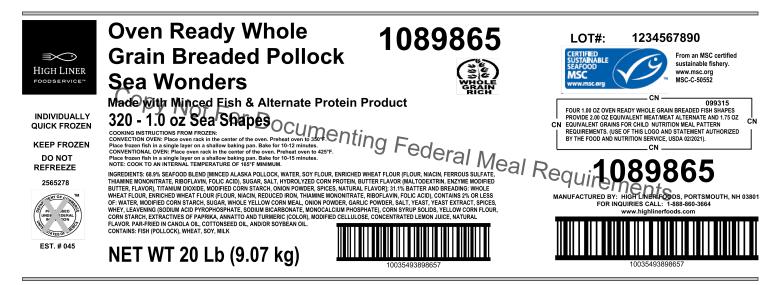
Suggested Bid :

Meat/Meat Alternative :

WholeGrain Credit Calculation :

Label Copy:

*Please note - label for bid proposes only per USDA Document# SP11v2 CACFP10SFSSP13-2015 - Label copied with watermark is acceptable documentation for administrative review - the original labels on cartons received will not have a watermark.



High Liner Bid Desk Contact and Specification Verification:

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